

THROWS AND HIGH JUMP SPECIFICATIONS								
AGE	GENDER	SHOT	COLOUR	DISCUS	JAVELIN	HIGH JUMP		
6	Girls	1 kg	Blue	350 g	Not competed	Not competed		
6	Boys							
7	Girls							
7	Boys							
8	Girls	1.5 kg	Yellow	500 g		Not competed	Starting Height 0.75 m	
8	Boys							
9	Girls	2 kg	Orange			500 g	Not competed	Starting Height 0.75 m
9	Boys							
10	Girls							
10	Boys							
11	Girls			750 g	White	750 g	Not competed	0.80 m
11	Boys							
12	Girls							
12	Boys	3 kg	White	750 g	400 g	0.85 m		
13	Girls							
13	Boys			600 g	400 g	0.90 m		
14	Girls							
15	Girls			1 kg	Red	500 g	Not competed	0.90 m
17	Girls							
14	Boys	600 g	400 g					0.95 m
15	Boys							
15	Boys	4 kg	Red	700 g	Not competed	1.00 m		
17	Boys	5 kg	Green			1.5 kg	1.00 m	